

A Healthy Smile? It's Easy to Find! Remember to Brush & Floss Every Day!

February is National Children's Dental Health Month © 2010 American Dental Association



Health Impacts

Poor oral hygiene including cavities, missing teeth and periodontal disease, can affect one's overall health and ability to eat healthy foods. Several reports link low-grade infection in the mouth to illnesses such as cardiovascular disease (heart disease and stroke), respiratory ailments (lung disease), cancer (involving the head and neck, esophagus, and lungs) and poor pregnancy outcomes (babies born too small and too soon).

Sources:

"How Poor Oral Hygiene Affects Your Health" Associated Content by Yahoo!


"Oral Health" www.health.state.ny.us

Eating for Good Dental Health

Eating nutritious foods and establishing healthy eating habits can put you and your children on the road to good dental health.

- Eat a balanced diet, including foods from all the food groups.
- Never allow your baby or toddler to fall asleep with a bottle or sippy cup of anything other than water.
- Offer your child water as their primary drink. Also offer your toddler 2 cups of milk each day.
- Limit juice to 2 oz for infants and 4 oz for toddlers. Dilute the juice with extra water.
- Establish set meal & snack times—offer milk or juice in moderation at these times. Only offer your toddler water between meals.
- Choose healthy snacks for yourself and your children—cut up fruits & veggies, cheese & yogurt. Limit snacks that stick to their teeth such as crackers, cookies and dried fruit—or serve them with something like cheese that will help clean their teeth as they eat.
- Limit your family's sugar intake.

Brushing/Flossing Guidelines

- Adults should brush twice a day for 2 minutes and floss once a day. Good oral care is especially important in pregnancy. 
- Wipe your baby's mouth and gums with a soft, damp cloth twice daily.
- Once teeth come in, brush with a small, soft toothbrush with a small amount of toothpaste. Start flossing when 2 teeth are touching.
- For your toddler, apply a small amount of toothpaste for them. Let them brush their own teeth first & then brush them yourself to get any spots they missed. Brush twice daily and floss once a day.

For more information

www.ada.org

www.healthyteeth.org

Beef & Cheese Tortilla Casserole

1 lb. extra lean ground beef
1 green bell pepper, chopped
1 red bell pepper, chopped
1 jar (16 oz.) Salsa
1 can (14-1/2 oz.) diced tomatoes, undrained (or 2 cups chopped fresh tomatoes)
1 pkg. (10 oz.) frozen corn, thawed
12 corn tortillas (6 inch)
1-1/2 cups Shredded Cheddar Cheese, divided

PREHEAT oven to 375°F. Brown meat with peppers in large skillet; drain fat. Return to skillet. Stir in salsa, tomatoes and corn; bring to boil.

SPOON 1 cup of the meat mixture into 13x9-inch baking dish; top with 6 tortillas, overlapping as necessary. Cover with half of the remaining meat mixture and half of the cheese; top with remaining tortillas and meat mixture. Cover with foil.

BAKE 25 to 30 minutes or until heated through. Sprinkle with remaining cheese. Let stand 5 minutes or until cheese is melted. Serves 6.

Winter Activity

It is very important to keep yourself and your children active throughout the winter.

Indoor Activities:

- Dance
- Make an obstacle course
- Check your local library for kid appropriate exercise DVDs or videos
- Play Simon Says or other children's games

Outdoor Activities:

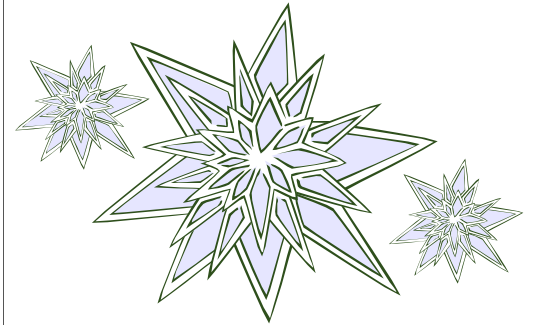
- Go sledding
- Build a snowman
- Ice skating
- Shovel snow
- Make snow angels

Office Closures

January 17—Human Rights Day
February 21—President's Day



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WIC Newsletter

WIC is an equal opportunity program. If you have been discriminated against due to race, nationality, sex or handicap, write immediately to the Secretary of Agriculture